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Reserve

KEEP ON CANNING

Broadcast by Mrs. Margaret M. Morris, Nutrition and Food Conservation Branch of Food Distribution Administration, and Wallace Kadderly, Chief of Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Tuesday, September 21, 1943, over stations associated with the Blue Network.

--ooOoo--

KADDERLY: During the summer months our Victory Gardens gave us an abundance of fresh vegetables. What we couldn't eat fresh, we canned for winter use. Now the summer's over - tomorrow is the last day. That means, in most parts of the country, the bulk of our garden crops have been harvested. But our guest today -- Mrs. Margaret M. Morris, of the Nutrition and Food Conservation Branch of War Food Administration -- Mrs. Morris reminds us there's still good food in many a garden. But mine's beginning to look pretty bare, Mrs. Morris.

MORRIS: Bare or not, I know I could find you enough snap beans or lima beans or late corn to fill a few jars...don't stop canning just because the peak of production is over. If every family in the nation put up just one extra can of vegetables...

KADDERLY: That's 30 million cans...30 million cans of vegetables would make a whale of a difference in our processed food supply.

MORRIS: Every bit of food counts. That's why it's important for us to can even the little amounts left in Victory gardens and truck gardens. Other years, the little bits might be wasted. This year we can't afford that. And if you don't have enough beans or enough corn for several cans of each...well, you might put up a few cans of succotash.

KADDERLY: That brings up the old argument...string beans or lima beans in succotash.

MORRIS: In this case you could have either...whichever you preferred or your garden offered. Another good combination is a soup mixture, when you have little bits of several vegetables. Use mild-flavored vegetables...tomatoes, peppers, and okra, for instance.

KADDERLY: M-m-m-m, I'd like a big steaming bowlful of that right now.

MORRIS: Yes, but it might not always turn up as soup. You can also use it as a vegetable, or in stews or scalloped dishes.

KADDERLY: But look...a lot of families don't have pressure cookers. And the community canning centers...won't they be closing soon?

MORRIS: No, I think in most parts of the country, community canning centers will stay open as long as they're needed. They'll be open a little longer all through the south...and in practically all rural districts, where farmers want to can their own meats as well as late vegetables.

KADDERLY: A good many people may still want to go to their canning center to put up fall fruits too.

(Over)

MORRIS: That's right. And fruits we put up ourselves are going to play an important part in our winter diet, because we won't be able to get as many of the commercially-canned fruits as we want. You don't need a pressure cooker to put them up...but many of us haven't even a waterbath for processing the fruit. And so we go to the community-canning center again.

KADDERLY: I can think of applesauce, pears...late peaches...plums...

MORRIS: And they'll taste mighty good this winter. Even if you can only a few extra jars now, they'll add variety to your meals later on. Oh, there's a lot we can still can...the last few vegetables from the garden...or fruits and vegetables that are locally abundant on the market.

KADDERLY: In other words...you're saying can everything in sight?

MORRIS: That's what we're doing this year. But if we make our plans now, we can grow and preserve next year the foods we most want and need. We're thinking now of all the things we wish we'd done this year...we wish we'd planted more beans maybe, or canned more tomatoes...Let's make our plan for next year according to our experience this summer and according to our families' needs.

KADDERLY: Let our hindsight help our foresight!

MORRIS: Also, Wallace...in most communities, there's a local nutrition committee that can tell us what foods are most valuable in the diet...which foods are best to plant and can to keep the family strong and healthy in 1944.

KADDERLY: And that's a goal worth planning for. Farm and Home friends, you've heard Mrs. Margaret M. Morris, of the Nutrition and Food Conservation Branch, War Food Administration. Let's keep on canning as long as our gardens produce...not give up just because the peak has passed. And let's start planning now for 1944.

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